

Monday Morning Memo – 02.07.2022

Dear *Wider Horizons* Members and Friends,

Wider Horizons Events and Information

1. We're extending the deadline for your definitions of **Love** till next Saturday and have a prize for the most compelling one! There will be an anonymous all-member ballot. Here one by one of the organizer's (who is not eligible for a prize) to stimulate your thinking: *After 31 years, love is realizing that all those compromises were upgrades.* See the attached sharing by **Nancy Robb** who came across it as she was thinking about what to submit about love.
2. This Thursday's **All-Member Zoom** will go on as always at **9:30 am**. Questions and a Zoom link will be sent out to you on Wednesday by **Sue Lerner**.
3. The Tuesday **7 pm All-Member Zoom** happens tomorrow, **February 8**, facilitated by **Bob Anderson** and **Susan Adler**. This is the Zoom link <https://us02web.zoom.us/j/87297293123?pwd=YmluTTNoYzlSeWpKQkJ4R1dxYlhWZz09> and the questions are attached.
4. If you've read *The Map of Salt and Stars* by Zeyn Joukhadar, join our Book Club (led by **Nancy Robb**) tomorrow morning at 10:30 at this Zoom location: <https://us02web.zoom.us/j/83509459945?pwd=RFVnSXN1Wm5mSjMwZ2RUdIMwSkNmQTo9> – or just come to listen and decide if you want to join.
5. If you've got a used electric mixer you don't want, Sharon Sobers-Outlaw would love to have it – She has taken up baking...again. Let me know.

Members and Friends Share Recommendations

1. **Audrey Hansen, Denise Lishner, and Nancy Hooyman** all shared information about David Domke's next lecture on February 15. It's described in an attachment with registration information.
2. **Scott Dills** was surprised to hear at the all-member meeting that people didn't know which other members lived near them. For those of you willing to access our very informative website, Scott has this message: *Go to the Members Only heading, and click on Maps, and you will see where folks are located. Additionally, when you check on any particular member in the directory, it also shows where they are located on a map of Seattle.*
3. From **Nancy Hooyman**: The Memory Hub is a place for dementia-friendly community, collaboration, and impact! Operated by the UW Memory and Brain Wellness Center, on the campus of founding partner the Frye Art Museum, this dynamic new space offers a variety of programs and resources for people with

memory loss, their families, and all who support a dementia-friendly community. Opening this spring, the Memory Hub will redefine life with memory loss! See the attachment for a description of the weekly public tours.

4. **Audrey Hansen** puts in a plug for **Uplift NW** (formerly the Millionaires Club), 206 728 5627. *Minimum 4 hours at approximately \$30/hour and you supply tools. The worker got a lot done and was a very productive and pleasant man.*
6. On February 17, one of our sister villages, Northwest Neighbors Network, is hosting an event about social isolation. See the attached materials.
7. I've noticed the cruel reality that as some of us experience diminished hearing, others experience diminishing voice. Here are some tips, including information about professionals who can help: [Voice Exercises - Strategies to Improve Your Aging Voice \(aarp.org\)](http://www.aarp.org/aging-voice)

Yours,

Denise

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Wider Horizons: Central Seattle's Village for Life!

www.widerhorizonsvillage.org